



# GREATER PITTSTON YMCA SPRING 2017 ACTIVE OLDER ADULT & SILVER SNEAKERS CLASSES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ALL CLASSES ARE EXCELLENT FOR ACTIVE OLDER ADULTS AND SENIORS LOOKING TO ENHANCE THEIR LIFESTYLES.**

The range of intensity for workouts included on this schedule are based upon the class.  
Please see reverse side for class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEEP WATER EXERCISING 9:00-9:30 A	DEEP WATER EXERCISING 9:00-9:30 A	DEEP WATER EXERCISING 9:00-9:30 A	DEEP WATER EXERCISING 9:00-9:30 A	DEEP WATER EXERCISING 9:00-9:30 A	YOGA 10:00 - 11:00A Rita (AR)	
SILVER SNEAKERS 10:00 - 11:00A Sally (AR)	SUBTLE YOGA 11:00A - 12:00P Geeta (AR)	SILVER SNEAKERS 10:00 - 11:00A Brandon (AR)		SILVER SNEAKERS 10:00 - 11:00A Sally (AR)		
AQUACISE 11:15A - 12:00P Sally (Pool)		AQUACISE 11:15A - 12:00P Gab/Rich (Pool)		AQUACISE 11:15A - 12:00P Sally (Pool)		
ENHANCE FITNESS 11A - 12P Matt R. (AR)		ENHANCE FITNESS 11A- 12P Matt R. (AR)		ENHANCE FITNESS 11A- 12P Matt R. (AR)		
YOGA 7:00 - 8:00P Rita (AR)	ARTHRITIS AQUA 5:15 - 6:00P Lari (Pool)	YOGA 7:00 - 8:00P Sue (AR)	ARTHRITIS AQUA 5:15 - 6:00P Lari (Pool)			
AQUACISE 7:00 - 7:45P Diane or Felicia (POOL)		AQUACISE 7:00 - 7:45P Diane or Felicia (POOL)	YOGA 7:00 - 8:00P Diane (AR)			

**SILVER SNEAKERS MEMBERSHIP:** SilverSneakers® Fitness Program is an innovative health, exercise, and wellness program helping older adults live healthy, active lifestyles. It's a fun energizing program that helps you take greater control of your health by encouraging physical activity in a social atmosphere. Many individuals can be members with us for little to no cost, please check with your insurance company to see if you are eligible for this membership! Need help? Ask the front desk!

**ENHANCE FITNESS:** EnhanceFitness is geared towards older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized physically, mentally, and socially while being surrounded by people who care about your success. If interested in this program registration is required, please see the front desk for more information.



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SPRING 2017

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## CLASS DESCRIPTIONS

### **ENHANCE FITNESS**

EnhanceFitness is geared toward older adults of all fitness levels. The class is designed to give older adults more strength and independence while being physically, mentally, and socially invigorated by others who care about your success. Come in and go with the flow while walking, marching, and lifting hand held weights to a better you! A chair is available if needed for support.

### **SILVER SNEAKERS**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### **YOGA**

Relax, strengthen, and soothe your body and mind. It will increase your flexibility and strength through various poses and breathing techniques.

## AQUATIC CLASS DESCRIPTIONS

### **ARTHRITIS AQUATICS**

Designed for people who wish to increase muscle tone, flexibility and core strength using a combination of exercises for arthritis and other limitations. This class will also increase range of motion and reduce chronic pain.

### **AQUACISE**

This water workout includes cardio and resistance training to help tone and sculpt without impact to bones and joints. Resistance tools may include buoyant water weights and noodles. Suitable for every fitness level - from beginning exercisers through elite athletes. Music may be incorporated into this class.

### **DEEP WATER EXERCISING**

Clip on the water walking belt and head to the deep end for a stroll in the pool. Walk, run or jog! As you enjoy a stroll in the pool you will feel the resistance the water provides. Class is suitable for those of all abilities.



➤ GREATER PITTSTON YMCA  
10 N. Main Street, Pittston, PA 18640 570.655.2255



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